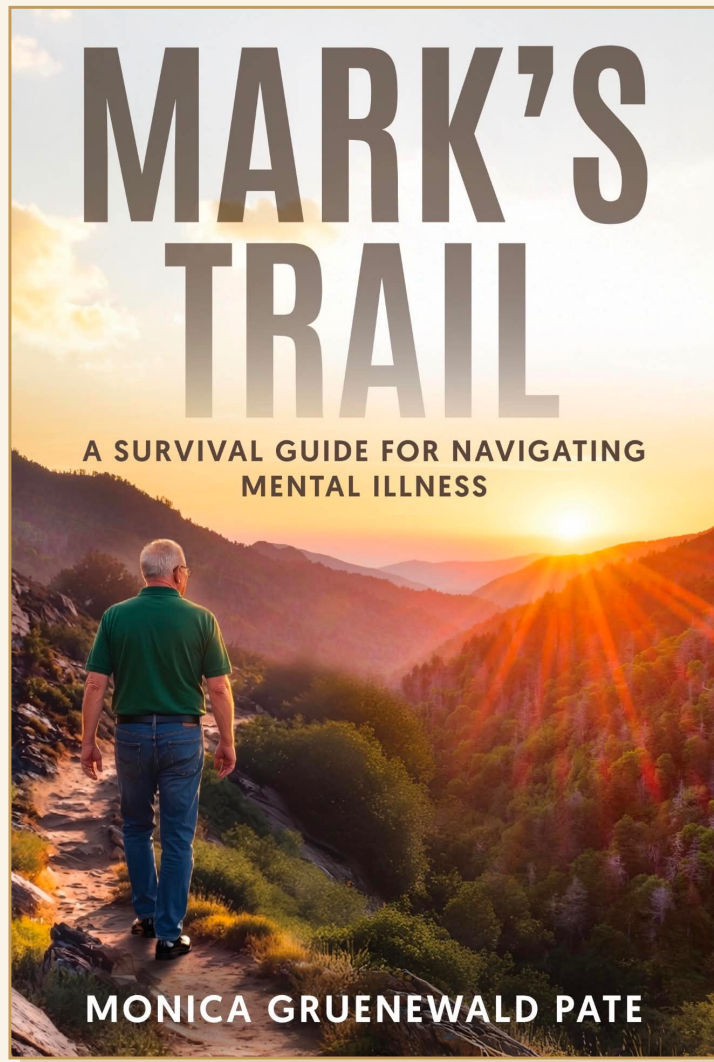




SURVIVAL GUIDE RESOURCES

You are not leaving this valley empty-handed. These are the tools of the Equipped Hiker — The Trail Guide Checklist, The Resilience Plan, The Caregiver's Rights on the Trail, The Stay on the Trail Pledges, Trail Resources, and A Prayer on the Trail.

Gathered here to read, print, and keep within reach.

You have the tools. You know the terrain. You are ready.



YOU GOT THIS MOTIVATION, LLC

www.yougotthismotivation.com



The Trail Guide Checklist

SECTION ONE

When the mountain feels too high, we don't need another lecture on the theory of mountain climbing. We need a set of small, manageable maneuvers to make it through the next hour. Tick them off one at a time.

- ☐ **Look at Your Feet, Not the Summit:** When you are overwhelmed, looking at the top of the mountain can cause panic. Focus only on the next three feet in front of you. What is the one thing you can do in the next ten minutes? (Drink water, send one email, take one deep breath.)
- ☐ **Check Your Backpack:** Are you carrying weights in your backpack that aren't yours? Stop and ask: "Is this my burden to carry, or am I trying to fix a path I didn't break?" If it isn't yours, give yourself permission to set it down by the side of the trail and move forward.
- ☐ **Lean on Another Hiker:** Identify one person you can call who won't judge your "fracture." You don't have to explain the whole mountain to them; just say, "The climb is steep today. Can you walk with me for a minute?"
- ☐ **Acknowledge the Terrain:** If you are walking with a limp (grief, depression, or physical pain), stop trying to keep pace with people on level ground. Adjust your expectations. A slow step forward is still a step forward.
- ☐ **Hunt for a Messenger:** Even in the wreckage, beauty exists. Force yourself to find one "Sentinel of Grace" today: a bird, a sunset, or a kind word from a stranger. Capture it (take a photo) to remind yourself that the Divine is still on the trail with you.
- ☐ **Extend Your Hand:** If you feel alone, look around. Is there someone else struggling on the path behind you? Sometimes, the best way to find our own strength is to reach back and offer a hand to someone else.

A slow step forward is still a step forward.

*Keep walking. Keep shining.
And never forget — You Got This!*





The “Stay on the Trail” Resilience Plan

SECTION TWO

1 My “First Call” Contacts

When the trail gets too steep or I feel lost, these are the people I will reach out to immediately.

NAME _____	PHONE _____
NAME _____	PHONE _____
NAME _____	PHONE _____

2 My “Safe Harbors” (Coping Tools)

The simple pleasures that ground me when I’m overwhelmed — a favorite song, a walk, deep breathing.

3 Recognizing My “Trail Warning Signs”

What does it look like when I’m starting to struggle? Withdrawing, racing thoughts, changes in sleep?

4 My Professional Life-Lines

I will keep these numbers saved in my phone.

CRISIS LIFELINE **Call or text 988** _____

MY DOCTOR / THERAPIST _____

The Lifeline — Reach Out

A suicidal thought is nothing to be ashamed of. It is a sign the trail has become too heavy to carry alone. Professional help is the light that leads you back — they are trained to walk with you.

Keep walking. Keep shining. And never forget — You Got This!



The Caregiver's Rights on the Trail

SECTION THREE

If you are currently walking a “Caregiver’s Trail” — supporting someone through mental illness, cancer, or aging — I want you to stop right here. I am handing you a permission slip.

Read these aloud. Post them on your fridge. Carry them in your pocket. These are your coordinates for staying whole.

On your trail today, remember that you cannot pour from an empty cup. As you walk alongside your loved one, you have the right to the following.

- 1 **The Right to Be Human:** You have the right to feel “sick and tired,” frustrated, or overwhelmed. Snapping at a loved one in a moment of exhaustion does not erase the months or years of service you have given.
- 2 **The Right to Your Own Trail:** You have the right to maintain your own identity — whether that of a “corporate mom,” a friend, or an individual — apart from your role as a caregiver.
- 3 **The Right to a “Debt of Grace”:** You have the right to receive the same empathy you are giving. You are allowed to ask for help and to expect that your own needs — sleep, food, and mental space — are valid.
- 4 **The Right to Not Have All the Answers:** You are a caregiver, not a doctor, a psychic, or a saint. You have the right to say, “I don’t know how to fix this today.”
- 5 **The Right to Protect Your Peace:** You have the right to leave the room, take a drive, go for a walk, or set a boundary when the trail gets too steep.
- 6 **The Right to Forgive Yourself:** You have the right to let go of the guilt from the “shouting matches” and the “bad days.” The trail is long; don’t let one stumble define the whole journey.



The Caregiver's Check-In

MY TRAIL NOTES

You cannot pour from an empty cup. Come back to this page whenever the trail gets steep.

1

Which “Right” do I need to claim today?

2

One thing I will do for my trail today (not the patient's):

3

A “Debt of Grace” I am extending to a family member I’ve clashed with is:

Keep walking. Keep shining.
And never forget — You Got This!





The Stay on the Trail Pledges

SECTION FOUR

The most difficult paths are conquered not by speed, but by the promises we make to ourselves and those walking beside us. These aren't just words on a page; they are **Trail Contracts** — the internal architecture that keeps you upright when the wind begins to howl again. Look around: you are surrounded by Survivors, Fighters, and Companions. None of us walk alone.

Would you join me today in taking the pledge?

☐ The Survivor's Pledge

"I will no longer carry my story in silence. I will honor my loved one's life by choosing to live my own with purpose, and I will seek help when the trail feels too steep to climb alone."

☐ The Fighter's Pledge

"I recognize that my life has value, even when I cannot feel it. I promise to stay on the trail for one more day, to reach out to a fellow traveler when I am lost, and to believe that my story deserves a completion, not a cancellation."

☐ The Companion's Pledge

"I will be a light for those in the fog. I will offer encouragement without judgment, and I will educate myself on the terrain of mental illness so that I can be a more effective guide for those I love."

SIGNED _____

DATE _____

Keep walking. Keep shining.
And never forget — You Got This!





Trail Resources

SECTION FIVE

If you or someone you know is struggling with anxiety, depression, suicidal thoughts, or any other mental health challenge, you are not alone. Please reach out.

Help is available, and your life matters.

IMMEDIATE HELP

988 Suicide & Crisis Lifeline (U.S.)

Call or text **988**, or chat at 988lifeline.org. Free, confidential, 24/7. Also available in Spanish.

Crisis Text Line

Text **HOME to 741741** to reach a trained crisis counselor. crisistextline.org

Emergency — 911

If you are in immediate danger of harming yourself, dial **911** or your local emergency number right away.

Mental Health Support

- ◆ **National Alliance on Mental Illness (NAMI)**
1-800-950-NAMI (6264), or text NAMI to 741741 · nami.org
- ◆ **American Foundation for Suicide Prevention (AFSP)**
Suicide prevention, education, and support · afsp.org
- ◆ **Mental Health America (MHA)**
Screenings, resources, and support for mental wellness · mhanational.org
- ◆ **Depression and Bipolar Support Alliance (DBSA)**
Resources and support for depression and bipolar disorder · dbsalliance.org

Faith + Mental Health

- ◆ **Promise2Live**
A movement encouraging people to commit to live and seek hope in their hardest moments · promise2live.org
- ◆ **Focus on the Family — Counseling Services**
Faith-based counseling referrals · 1-855-771-HELP (4357) · focusonthefamily.com/get-help
- ◆ **HHS Center for Faith and Opportunity Initiative**
The Opioid Epidemic Practical Toolkit, and the Faith & Community Roadmap to Recovery Support · hhs.gov

International Help

- ◆ **International Suicide Hotlines**
Helplines listed by country · findahelpline.com



A Prayer on the Trail

SECTION SIX

Let's take a stop on the trail now to pray — for those currently climbing through the dark, carrying a heavy load on their back, or walking on an unlevel path.

Lord,

I stop right here on the trail to pray for my friends who are facing a steep climb today. For the ones whose lungs are burning and whose legs feel like lead, I ask for Your divine wind at their backs.

Guide them, Father, just as You are guiding me. When the mountain feels too high to conquer, give them the grace to focus only on the next step in front of them. Help them to believe that one step at a time is enough to change their scenery.

I pray that You will send “Angels” to the bends in their paths, people who will offer a hand, a word of encouragement, or simply a silent presence to help carry the weight. For those wearing a heavier backpack, I pray for a steadying hand that keeps them from stumbling.

Thank You for being the ultimate Guide.

Thank you for never leaving us to navigate the wilderness alone. We trust You with the summit, but right now, we just ask for the strength for the next step.

In Your Name, Amen.



Thank You for Hiking with Me



Your trail is not a tragedy. The fractures in your life are not the end of your story; they are the places where the light gets in.

SHARE THE TRAIL

If this book helped you, a review helps the next hiker find it.

Mark's Trail on Amazon

a.co/d/0iLYuOHZ

CONNECT WITH ME ON THE TRAIL

WEBSITE	www.yougottthismotivation.com
LINKEDIN	@Monica Gruenewald-Pate
INSTAGRAM	@monica_gruenewald_pate · @yougottthismotivation2026
FACEBOOK	@Monica Gruenewald Pate
TIKTOK	@monica.g.pate

Keep walking. Keep shining.

And never forget — You Got This!

